

PHYSICAL EDUCATION
PAPER 1
(THEORY)

Maximum Marks: 70

Time Allotted: Three Hours

Reading Time: Additional Fifteen Minutes

Instructions to Candidates

1. You are allowed an **additional fifteen minutes** for **only** reading the question paper.
2. You must **NOT** start writing during reading time.
3. This question paper has **11 printed pages and one blank page**.
4. There are **fifteen questions** in this paper.
5. There are **three** sections in the paper: **A, B and C**. **Internal choices** have been provided in **two** questions in **Section B** and in one question in **Section C**.
6. **Section A** consists of one question having fifteen sub-parts of **one mark** each. Attempt all questions.
7. While answering **Multiple Choice Questions** in **Section A**, you are required to write **ONLY one correct option** as the answer.
8. **Section B** consists of **five** questions of **five marks** each. Attempt all questions.
9. **Section C** consists of **nine questions** of **fifteen marks** each. Attempt all subparts of a question on **any two** games in this section.
10. The intended marks for questions are given in brackets [].

Instruction to Supervising Examiner

1. Kindly read **aloud** the Instructions given above to all the candidates present in the examination hall.

SECTION A – 15 MARKS

Question 1

- (i) Arpita was an athlete and represented her school in many athletic events. [1]
During one of the training sessions, she performed a series of exercises such as squats, pull-ups, burpees, crunches and skipping jumps. Each exercise was performed for 30 seconds. Her coach explained that such exercises improved her muscle endurance, strength and cardiovascular fitness.

Which one of the following types of training did Arpita receive?

- (a) Weight training
 - (b) Circuit training
 - (c) Fartlek training
 - (d) Interval training
- (ii) In which one of the following situations is seeding applied? [1]
- (a) In the last round of the tournament
 - (b) When all the teams play against each other
 - (c) When a team challenges the champion team
 - (d) In the initial round of the tournament to separate the strong players or teams
- (iii) Identify the immediate first aid to be given for an injury shown in the image below. [1]



(Source: www.assets.cureus.com)

- (a) Contact the doctor
- (b) Apply ice on the injured area
- (c) Elevate the injured hand above the heart
- (d) Apply direct pressure with a clean cloth or cotton

(iv) If nine teams are participating in a league tournament, the number of columns made by using the Tabular method will be: [1]

- (a) 11
- (b) 10
- (c) 8
- (d) 7

(v) Identify the type of exercise shown below. [1]



(Source: www.strengthlevel.com)

- (a) Leg curl
- (b) Wrist curl
- (c) Calf raises
- (d) Butterfly pull

(vi) Given below are two statements marked Assertion and Reason. Read the two statements carefully and choose the correct option. [1]

Assertion: The procedure of CPR is followed in the case of cardiac arrest.

Reason: It maintains the supply of oxygen rich blood flowing to the brain and other organs until the heartbeat is revived.

- (a) Both Assertion and Reason are true and Reason is the correct explanation of Assertion.
- (b) Both Assertion and Reason are true but Reason is not the correct explanation of Assertion.
- (c) Assertion is true and Reason is false.
- (d) Both Assertion and Reason are false.

- (vii) _____ is the ability to perform movement or an action at fast rate. [1]
- (viii) _____ introduced the fartlek training method. [1]
- (ix) _____ indicates the position and alignment of the body which produces least amount of fatigue and ensures maximum physical efficiency. [1]
- (x) Byes are given in _____ round of tournament. [1]
- (xi) _____ is a career option that enables an individual to control and execute the game at various levels. [1]
- (xii) What are *stimulants*? [1]
- (xiii) What are *communicable diseases*? [1]
- (xiv) Briefly explain *athlete's foot*. [1]
- (xv) What are *cramps*? [1]

SECTION B - 25 MARKS

Question 2

[5]

Identify and discuss the career option shown below.



(Source: www.truesport.org)

Question 3

[5]

(i) Write short notes on each of the following:

- (a) Isotonic Exercises
- (b) WADA

OR

(ii) Answer the following:

- (a) What is *noise pollution*? Write *any four* causes of noise pollution.
- (b) Name *four* types of tournaments. Explain *any one* in detail.

Question 4

[5]

Rahul is participating in a weightlifting competition. On being convinced by his friends, he indulged in an unethical practice and consumed a particular substance to enhance his performance in the competition.

Name the substance consumed by Rahul. Mention *any four* adverse effects of this substance.

Question 5

[5]

Explain the role of games and sports in the development of an individual.

Question 6

[5]

- (i) What are *intramurals*? State the importance of conducting intramurals in school.

OR

- (ii) Write a short note on Lakshmi Bai National University of Physical Education.

SECTION C – 30 MARKS

*Attempt all questions on **any two** games from this section.*

FOOTBALL

Question 7

- (i) Answer the following questions:

- (a) Explain the different types of cards used by Referee in the game of Football. [3]
- (b) While a match was in progress, a fan seated among the audience jumped abruptly onto the ground to meet his favourite player. The game was paused for a while. How would the Referee restart the game? [1]
- (c) During a game, the attacking team attempted to score a goal, but the ball touched the cross bar and went outside the goal post. [1]
What will be the decision of the Referee?

- (ii) (a) Explain *any five* types of passes used by players in Football. [5]

OR

- (b) Enlist *any five* duties of the Assistant Referee.

- (iii) Explain each of the following terms: [5]
- (a) Technical Area
 - (b) Tackling

CRICKET

Question 8

- (i) Answer the following questions:
- (a) Explain *Duckworth Lewis rule* in Cricket. [3]
 - (b) In a match, the batter misses hitting the ball bowled to her. The wicket keeper also misses catching the ball. The ball strikes the helmet behind the wicket keeper and stops. [1]
What will be the decision of the Umpire?
 - (c) In a test match, India scored 600 runs in the first inning. When England came to bat in the first inning, they scored only 98 runs. [1]
What decision will be taken by the Indian Captain to win the match?
- (ii) (a) Explain *any five* fundamental skills of Batting. [5]

OR

- (b) Write a short note on One day Cricket match.
- (iii) Explain each of the following terms: [5]
- (a) Off-cutter
 - (b) Maiden over

HOCKEY

Question 9

- (i) Answer the following questions:
- (a) Draw a neat diagram of a Hockey goalpost with all the specifications and dimensions. [3]
 - (b) During a game, Team A was leading with a score of 1-0. In the last minute of the game, all players of Team B moved forward to the attacking zone to score a goal. The goalkeeper of Team B took a risk and joined the rest of his team members in the attacking zone. He got a chance to score a goal and did so. [1]
What decision would be taken by the Referee?

- (c) During a match, the attacking player took the power shot from the half line and the ball directly went into the goalpost, without touching any player. What would be the decision of the Referee? [1]
- (ii) (a) Complete the following: [5]
- (1) Weight of the Hockey ball is _____.
 - (2) Length of the Hockey stick is _____.
 - (3) Duration of a Hockey game is _____.
 - (4) Number of players in the Hockey match are _____.
 - (5) Breadth of the Hockey playing field is _____.
- OR**
- (b) Explain *any five* roles of I.H.F. in Hockey.
- (iii) Explain each of the following terms: [5]
- (a) Tapping
 - (b) Carried

BASKETBALL

Question 10

- (i) Answer the following questions:
- (a) Explain *any three* categories of Fouls in the game of Basketball. [3]
 - (b) During a match, a defending team gained possession of the ball. In how much time should they score a basket? [1]
 - (c) During a match, a player deliberately kicks the ball. What will be the Referee's decision? [1]
- (ii) (a) What is *dribbling*? Explain *any four* types of Dribbling. [5]
- OR**
- (b) Enlist *any five* duties of a Basketball Coach.
- (iii) Explain each of the following terms: [5]
- (a) Lay up
 - (b) FIBA

VOLLEYBALL

Question 11

- (i) Answer the following questions:
- (a) Explain Rotational Fault and Positional Fault. [3]
 - (b) During a Volleyball match, a player smashes the ball. Two players of the opponent team receive the ball at the same time and pass it into the opponent's court. [1]
What will be the decision of the Referee?
 - (c) During the game of Volleyball, a libero player enters the court without the permission of Referee. What will be the decision of the Referee? [1]
- (ii) (a) Enlist *any five* duties of a Scorer in the game of Volleyball. [5]
- OR**
- (b) Mention *any five* blocking errors made by Volleyball players.
- (iii) Explain each of the following terms: [5]
- (a) Tennis serve
 - (b) Free zone

TENNIS

Question 12

- (i) Answer the following questions:
- (a) Draw a neat diagram of Tennis racquet showing all its dimensions and specifications. [3]
 - (b) During a rally, a player runs to receive the ball that is about to fall close to the net. She touches the net mistakenly. [1]
What will be the decision of the Umpire?
 - (c) In a Doubles game, a player serves and the ball falls on the side alley of the opponent's court. [1]
What will be the decision of the Chair Umpire?
- (ii) (a) Write a short note on Wimbledon. [5]
- OR**
- (b) Write *any five* duties of a Tennis Coach.

(iii) Explain each of the following terms:

[5]

- (a) Net play
- (b) Poaching

BADMINTON

Question 13

(i) Answer the following questions:

- (a) Explain the Doubles game in Badminton. [3]
- (b) During a game, a player serves but the opponent player was not ready and could not receive the serve. [1]

What will be the decision of the Umpire?

- (c) In a game of Doubles, a player of Team A smashed the shuttle cock into Team B's court. The shuttle's feathers were slightly touched by the first player's racquet of Team B. It was then immediately hit by his partner and sent into Team A's court. [1]

What will be the decision of the Umpire?

- (ii) (a) Enlist *any five* duties of the Umpire. [5]

OR

(b) Complete the following:

- (1) Number of feathers in shuttle cock are _____.
- (2) Weight of the racquet is _____.
- (3) Width of the net in the court is _____.
- (4) Width of the back gallery in the court is _____.
- (5) Length of the racquet frame is _____.

(iii) Explain each of the following terms:

[5]

- (a) Waist fault
- (b) Service court error

SWIMMING

Question 14

(i) Answer the following questions:

- (a) Draw a neat diagram of Starting Block with all its dimensions and specifications. [3]
- (b) In a Swimming event, a swimmer tries to obstruct the path of other swimmer by swimming in her lane. What will be the decision of the Lane Judge? [1]
- (c) In a Swimming event, a swimmer does an incorrect stroke. What will be the decision of the Judge? [1]

(ii) (a) Enlist *any five* equipment needed in a Swimming competition. [5]

OR

(b) Mention *any five* exercises which should be done prior to a Swimming event.

(iii) Explain each of the following terms: [5]

- (a) Automatic officiating equipment
- (b) FINA

ATHLETICS

Question 15

(i) Answer the following questions:

- (a) Explain the stages of Triple Jump. [3]
- (b) In a Long Jump event, an athlete touches the take-off board while jumping. What will be the decision of the Chief Judge? [1]
- (c) In a 100 metre race, an athlete starts before the signal is given by the Starter. What will be the decision of the Start Referee? [1]

(ii) (a) Draw a neat diagram of the Shotput sector with all its dimensions and specifications. [5]

OR

(b) Enlist *any five* duties of Track Referee.

(iii) Explain each of the following terms:

[5]

(a) Crouch start

(b) Pentathlon

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SEAL